

Berry Oat Bake

Berry Oat Bake celebrates Native American roots with a moist, flavorful Indigenous-inspired treat made with wild blueberries or rosehips, oats, dried cranberries or mulberries, and warm spices like cinnamon, nutmeg, and vanilla.

CACFP Crediting Information:

1 square provides $\frac{5}{8}$ cup fruit, 1.50 oz eq grains.



Preparation Time: 20 minutes

Cooking Time: 55 minutes

Makes: 6 servings

Ingredients

- $\frac{1}{2}$ cup water, hot
- $\frac{1}{3}$ cup (2 oz) unsweetened dried cranberries or rose hips, chopped
- Pan-release spray
- 3 cups (1 lb 2 oz) wild blueberries or mulberries, frozen, thawed, drained
- $\frac{1}{4}$ cup water
- 1 Tbsp vanilla extract
- $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{2}$ tsp nutmeg
- $\frac{2}{3}$ cup (5 oz) nut butter
- 1 $\frac{1}{2}$ Tbsp Margarine, low-fat
- 2 cups (7 oz) oats, rolled, dry, quick

Directions

- 1** Preheat oven to bake:
Conventional oven: 350 °F.
Convection oven: 325 °F.
- 2** Soak cranberries (or rosehips) in hot water for 10-15 minutes or until softened. Drain thoroughly and set aside. Save for step 5.
- 3** Spray a 8" x 8" baking pan with a pan-release spray or line with parchment.
- 4** Drain blueberries (or mulberries).
- 5** Add cranberries (or rosehips), drained blueberries (or mulberries) and water to a medium saucepan or pot. Heat to just boiling while crushing the berries (or rosehips and berries) with a spoon or fork to release moisture. Continue to simmer over low heat uncovered for about 30 minutes and stir until a slightly thickened, jam-like consistency is reached. Remove from heat.
- 6** While the saucepan is still hot, add vanilla, cinnamon, nutmeg, nut butter, and low-fat margarine to the berry mixture and stir thoroughly to melt and combine ingredients.
- 7** Add oats to the mixture. Stir thoroughly to incorporate.
- 8** Spread mixture into prepared pan, pressing down firmly for even thickness.
- 9** Bake for 15 minutes at 350°F. Do not over-bake. Allow to cool completely before cutting. Cut into 6 squares (2 $\frac{1}{2}$ " x 4"). Serve warm or at room temperature.



NUTRITION INFORMATION

1 square (3" x 4 ½")

NUTRIENTS	AMOUNT
Calories	368
Total Fat	17 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	30 mg
Total Carbohydrate	48 g
Dietary Fiber	9 g
Total Sugars	3 g
Added Sugars	0 g
Protein	9 g
Vitamin A	3 RAE
Vitamin C	2 mg
Calcium	48 mg
Iron	3 mg

NOTES

The food safety temperatures are based on Federal consumer food safety guidance. Some information may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Crediting may vary depending on selection of frozen wild blueberries or standard frozen blueberries. Please verify.

Source:

USDA Standardized Recipe Project — 2025

